



Tangy Asian Meatballs

 Dairy Free

READY IN



315 min.

SERVINGS



4

CALORIES



459 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup barbecue sauce
- 0.3 cup plum sauce chinese jarred
- 1 large eggs
- 1 tablespoon ginger fresh finely chopped
- 2 cloves garlic finely chopped
- 1 pound ground pork
- 2 tablespoons hoisin sauce
- 0.3 cup panko bread crumbs

- 3 spring onion white chopped
- 1 tablespoon soya sauce

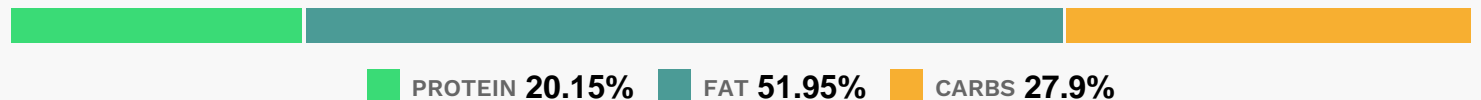
Equipment

- bowl
- whisk
- slow cooker

Directions

- Combine pork, panko, scallions, egg, soy sauce, ginger and garlic in a large bowl; mix gently but thoroughly with your fingers.
- Roll into 1-inch balls.
- Mist slow cooker with nonstick cooking spray.
- Add meatballs. In a small bowl, whisk together barbecue sauce, plum sauce and hoisin sauce; pour over meatballs. Gently stir to coat.
- Cover and cook on low until meatballs are cooked through, 3 to 5 hours.

Nutrition Facts



Properties

Glycemic Index:23, Glycemic Load:0.35, Inflammation Score:-3, Nutrition Score:16.036086989486%

Flavonoids

Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg

Nutrients (% of daily need)

Calories: 459.24kcal (22.96%), Fat: 26.22g (40.34%), Saturated Fat: 9.47g (59.22%), Carbohydrates: 31.68g (10.56%), Net Carbohydrates: 30.44g (11.07%), Sugar: 14.74g (16.38%), Cholesterol: 128.39mg (42.8%), Sodium: 971.53mg (42.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.88g (45.75%), Vitamin B1: 0.91mg (60.43%), Selenium: 33.99µg (48.56%), Vitamin B3: 6.01mg (30.05%), Vitamin B6: 0.54mg (27.21%), Phosphorus: 257.9mg (25.79%), Vitamin B2: 0.41mg (24.32%), Zinc: 2.93mg (19.53%), Vitamin K: 19.71µg (18.77%), Potassium:

541.99mg (15.49%), Vitamin B12: 0.92µg (15.38%), Iron: 2.32mg (12.87%), Vitamin B5: 1.09mg (10.88%), Manganese: 0.21mg (10.69%), Magnesium: 38.78mg (9.69%), Copper: 0.15mg (7.28%), Folate: 27.4µg (6.85%), Calcium: 59.05mg (5.9%), Vitamin A: 254.06IU (5.08%), Fiber: 1.24g (4.96%), Vitamin C: 3.38mg (4.1%), Vitamin E: 0.5mg (3.33%), Vitamin D: 0.25µg (1.67%)